

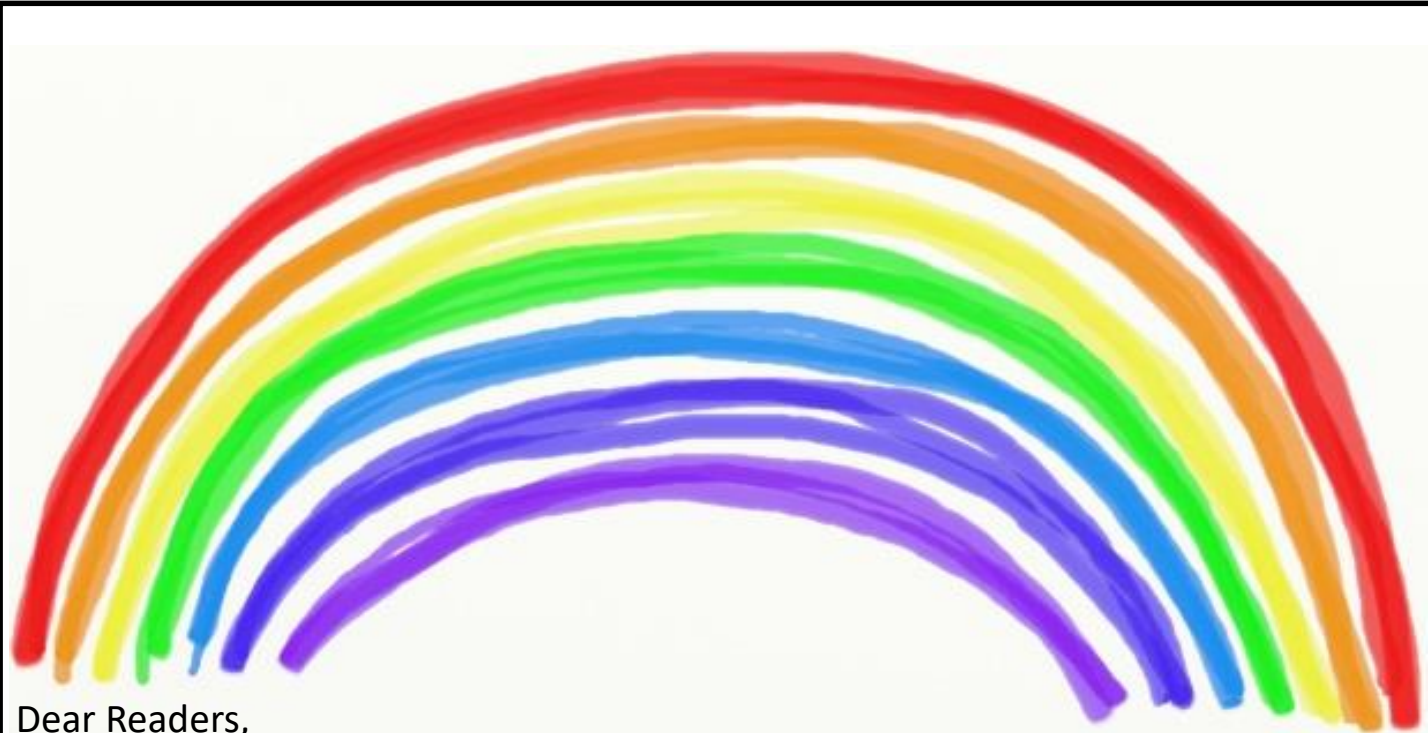


THE ELDER



Summer Newsletter 2020

Issue
23



Dear Readers,

Who would have thought as we rang out the old year and welcomed in the new, our world would have been under siege from this virus within days of the beginning of this new decade.

Over the first five months of the year the virus has moved like a great wave of trauma and concern for each and every one of us, from one continent to the next with great ease. Various nations have approached this in a multitude of ways with unpredictable results.

The news has both informed and confused us in equal measure, with politicians and scientists vying with each other over their interpretation of the facts. As we all know that is the way humans tend to react to any issue, and the greater the magnitude of the problem the greater the conflict of knowledge and attitudes.

For my part I have endeavoured to ration myself as to how much news I can cope with each day, as at first I watched every available bulletin until it overwhelmed and depressed me. My husband and I have taken our self-isolation seriously for health reasons, which was made easier once I gained an online grocery delivery slot, and thanks to the help of a delightful young family who live next door. Deliveries to and from them are hung on the garden fence after a text has been sent.

We have a son and his family living in Australia with whom we have always stayed in touch via e-mail and texting. We gave away 'face time' a long time ago as we found it hard to say goodbye however long the conversation.

Our other son and his family live in Leicestershire, and we have not seen them since early February. They are now working from home or doing home schooling, staying safe and making the most of their immediate countryside to exercise. One sadness for us as a family was that we were not able to spend his 50th birthday weekend together, but we shall celebrate in great style once all this is over.

I think about you all often and wonder what the pandemic has been like for you. Obviously I am kept informed about the running of our services officially, but I know that there must be many personal stories for us all to share when the time is right. How good it will be to be able to come together for coffee mornings, join our neighbours for quiz evenings or fish and chips in the common room once more, when we are free to indulge safely.

There have been some wonderful moments when people whom we may never have come into contact have knocked on the door, stood two metres away ready to explain why they have called, sometimes with medication from the local Pharmacy, with a parcel ordered on line, or just to say they are happy to help if we need them. We have joined in with the weekly clapping for our key workers and enjoyed waving to people across the way we have never actually met or spoken to. The multitude forms of the rainbow that have appeared in windows or been chalked on payments outside houses where young children live, have all been truly inspirational and encouraging in this stressful period.

Now that the lockdown is being eased, more carefully by some than others, I hope that we shall all follow our own instincts to remain safe and keep well. For it is not necessary to embrace change for change sake, or respond because politicians say we should. We all know how strong we are, what we are capable of, and as we have

learnt during the pandemic there are more people out there ready to help us than we ever realised before all this began.

While I have embraced meetings held via virtual platforms on my computer, in order to keep the work of the Board and Society up to speed, I long for the day when we can meet again, work together again and enjoy some more relaxing times of sharing and caring.

Take care everyone and let's hope for brighter days to come.

Best wishes,
Carol Sangster.
(Board Chairman)



Changes to Office Visits

Visits to the Bracondale office are now by appointment only. Should you arrive at the office without an appointment, you will be turned away so please ensure you call the office in make an appointment prior to visiting. This not only ensures that the member of staff you wish to see is in the office but it also safeguards you and the office staff. There is now an intercom installed at the office. On arrival press the button by the front door and this will go through to our telephones. We will then be able to talk to you through the speaker by the front door to confirm your appointment details. Once confirmed we can release the door for you. Please do not visit the office if you are showing symptoms of COVID-19.

Changes to our Out of Hours Service

Tucked into this newsletter, you will find an updated Emergency Repair Contact Details sheet. You may be aware that Centra, our emergency and out of hours service, recently replaced Welbeing. Please keep this sheet in a safe place and pass the details to your next of kin in case they need to contact Centra. If you have an emergency repair to report during out of hours, e.g. loss of heating (October to May), flood, blocked drains, total loss of electricity (check your trip switch first), you can activate your pull cord/pendant. This will go straight through to Centra who will assist you. Further details can be found on your new information sheet. You can also activate your pull cord/pendant if you require medical assistance. If you have an emergency, it maybe necessary to contact 999 directly, rather than activate your cord/pendant. Centra hold your next of kin details so please ensure you keep us updated of any changes.

NEW - Good Neighbour Award

Does your neighbour help you out when it matters? Are they thoughtful, kind and caring? Have they been there for you when you really needed them?

Why not nominate them for the Good Neighbour Award and recognise them for the great neighbour they are.

Send in your nomination to reception@norwichhousingsociety.co.uk or call 01603 625078.

Competition Time!

Who doesn't love an anagram! If you can rearrange the letters of each word to form another word using the clues then you could be in with a chance of winning a £25.00 Marks & Spencer voucher. Please email or telephone us with your answers. Closing date is Friday 15th August 2020.

Word	Clue	Answer
1. Listen	Without sound	_____
2. Lives	'Blue Suede Shoes' Singer	_____
3. Chaser	A good look	_____
4. Seat	Where the sun comes up	_____
5. Miles	A happy expression	_____
6. Penal	Thin board	_____
7. Dealing	Front running	_____
8. Study	In need of a spring clean	_____
9. Polo	Swimming place	_____
10. Designer	Left your job	_____

COVID-19 Staying Alert and Safe

From the 4th July, you can get your hair cut in a salon, hooray! It will be a very different experience to what you saw last time. Your hairdresser will be wearing a shield and you may be asked to wear a face covering. Hand washing will be required upon arrival and surfaces will be cleaned between clients. You will also be able to eat out in a café or restaurant or have a drink in a pub, those establishments will also follow safety guidelines to ensure they are COVID-19 Secure. Everybody's actions will help reduce the transmission of the virus so that fatalities and infection rates continue to fall.

You should all continue to keep 2 metres apart

Coronavirus
STAY SAFE SAVE LIVES

2m
(6ft)

Keep your distance

Cough or sneeze into your elbow, or a tissue and dispose in a bin

Don't touch your face

20 secs

Wash your hands well and often

HSC Public Health Agency
Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:
f YouTube

If you have symptoms of coronavirus, even if mild, go home, isolate yourself and book a test

For more information go to
www.pha.site/coronavirus

02/20

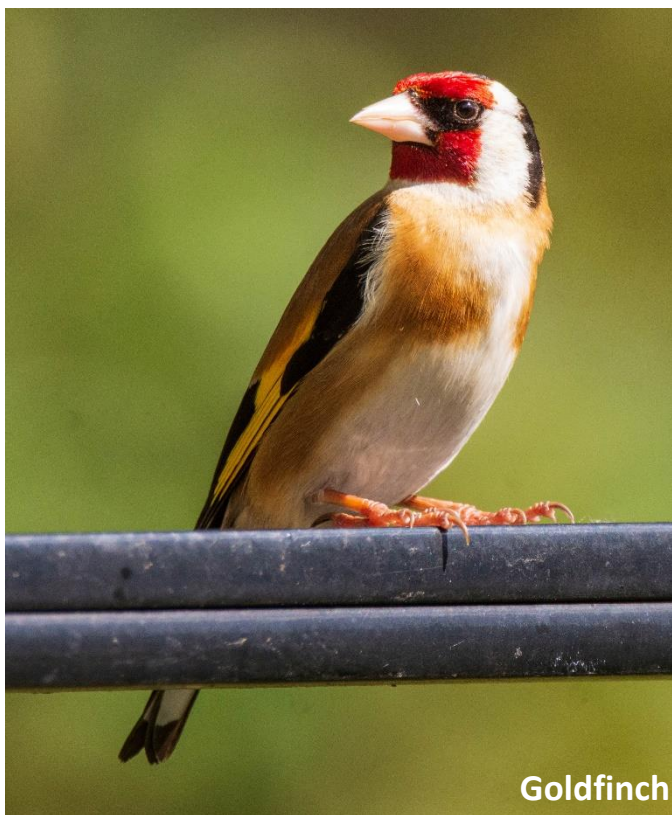
The 1-metre-plus approach means members of the public can be 1 metre away from each other as long as other measures are put in place to limit the transmission of the virus. These include wearing a face covering, installing screens, making sure people face away from each other and providing extra handwashing facilities. With this in mind, we advise you continue to adhere to the 2 metre distance rule. It remains safer to stay 2 metres apart.

We understand that some tenants may be flouting these safety measures however each tenant is responsible of their own safety and of those around them, as a landlord we cannot police the schemes nor take action on any reports of flouting.

The social/common rooms will remain closed on all of the schemes.

Wildlife in our Garden

My name is David, and this is a short piece on the wildlife in the Stuart Court garden. I have always had a keen interest in wildlife, and moving in here some 20 months ago, I immediately started looking for the local species, and I must say that I haven't been disappointed.



Goldfinch

We have most of the common garden birds i.e. wrens, robins, blue tits, great tits, occasionally coal tits and long tailed tits. We have magpies, jays, song thrushes and blackbirds and of course squirrels, they destroyed two of my feeders almost immediately, it's very hard to keep them off the feeders, but great to watch, but the greatest thrill for me and some of the other residents are the hedgehogs. I had seen one out the front late one night, so I knew they were present, then luckily a new gate was installed in the side wall, the gap underneath was big enough for hedgehogs to get through, and sure enough, in mid-March I noticed two on the grass.



Squirrel



Male and Female Hedgehogs

I went straight up to the shop and got some dog food and put some out the next night and kept a watch from the upstairs landing. It wasn't long before I was treated to the life of hogs. On some nights I have counted four in the garden at once, I have watched them mating, and having their tiffs over food, they ram into each other like dodgems, and the loser will just curl up and wait until the threat has gone and then carry on eating.



Small Damselfly with Caterpillar



Jewel Beetle



White Tailed Bumble Bee



Seven Spot Ladybird

I have put a hedgehog house under some shrubs, and they have been inside and flattened the hay that I put in, I just hope one will use it to hibernate when the time comes, until then, I shall continue to put food out for them. Nationally they are in trouble, thanks to our destruction of hedgerows, so any help, is a good thing. They have brightened up mine and many others experience of this lockdown, and long may they continue to do so.

**- All photos courtesy of David Cullingford,
Tenant at Stuart Court**

All of our schemes are “No Cold Calling Zones” but it is always good to be alert and scam aware.

Rogue traders

People who want to do work to your house or garden. They pretend to be workmen and don't do the work properly.

Bogus callers

People who tell stories to come into your house. They then take things without your permission.

Cold callers

People who try and sell things or services at your home.

What to do

- Keep your doors and windows locked.
- Use a spy hole or look through a window.
- Be polite but firm. Say no thank you and shut the door.
- Ask for their ID. If they don't have ID say no thank you and shut your door.
- Remember things about them in case you have to report them.
- Don't believe all leaflets that come through the door. They may be getting you to have bad work done.

ATTENTION

NO COLD CALLERS

We do not buy goods or services from uninvited traders, so please leave.

Failure to comply with this request may constitute an offence under the Consumer Protection from Unfair Trading Regulations 2008.



Norfolk County Council
Trading Standards

How to avoid them

Ensure you have your “no cold caller” sticker on your front door. If you do not have one, please contact the office.

If you feel unsafe

- Do not let someone in your house if you feel unsure
- Tell someone you trust
- Report or ask advice from Citizens Advice
- In an emergency dial **999**



Since the lockdown criminals have adapted very quickly to new ways of working. The Society is committed to being scam aware and are now working with Trading Standards to become a Business Against Scam

Everyone has the right to live peacefully in their homes and communities. Whilst the long summer evenings are a nice way to socialise with your neighbour's, we would like to remind you all to be mindful of noise late at night.

Lockdown Birthday



I celebrated my 60th birthday in lockdown rather differently to what we had planned. Not able to travel to the French country side with all of my family coming from three different countries, I was at home in Norwich. Instead we bought France to our garden with a bottle (or two!) of champagne and a French style picnic and the weather joined in, it was beautiful and sunny.

My day was filled with visits from my local family and FaceTime greetings from others, and I was thoroughly spoilt with beautiful flowers and gifts.

The neighbours were enlightened as to the occasion with my three year old granddaughter Rose singing Happy Birthday Nanny very loudly across the garden, very happy with the response she went on to sing it even louder all over again!

- Heather Wright, Relief Scheme Manager

What have you been doing to pass the time during lockdown? Have you taken up a new hobby? Have you baked too many banana breads?! Were your birthday celebrations very different this time round? We would love to hear your stories of life during Lockdown and feature you in the next issues of The Elder.

If a friend or family member has Lasting Power of Attorney for you then please forward a copy to the Bracondale office or to your Scheme Manager so we can keep a record on your file. This ensures there are no delays if the appointee needs to terminate your tenancy on your behalf.

A Quiz Just For Fun

Here are some cryptic clues - the answer to each is a town or a city in the United Kingdom, all well known. Some you will find quite easy, whilst others will be devilishly difficult.

e.g. Where cows are milked in a capital city..... Londonderry

1. A college tutor who selects actors for a production
2. Which car?
3. Secure tightly
4. A type of haircut
5. Would you open this to get to a top school?
6. Store an after dinner drink
7. The very bottom of the compass
8. A deep matriarch with water at the bottom
9. Outdated meat
10. The ugly duckling's open water
11. Heavy toilet
12. How to make a large area of crops get up in the morning
13. Where to go swimming in Dorset
14. Obviously a place to get clean
15. A female servant's rock
16. The last place for a burial
17. A local competition
18. Dull ones buzzing
19. An appropriate place for a tea party
20. Between six and eight trees
21. Is the place an oval shape as well as the ball?
22. A brilliant horse to the far left
23. Distribute the cards
24. A darkly coloured bonfire
25. Part of a boat
26. Someone in charge of entrances
27. A big grassy area with a male owner
28. A mixture of blacks and whites



Physical activity guidelines for older adults

Older adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

Adults aged 65 and over should:

- Aim to be physically active every day. Any activity is better than none. The more you do the better, even if it's just light activity
- Do activities that improve strength, balance and flexibility on at least 2 days a week
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet. Speak to your GP if you have any concerns about exercising.

What counts as light activity?

Light activity is moving rather than sitting or lying down.

Examples of light activity include:

- Getting up to make a cup of tea
- Moving around your home
- Walking at a slow pace
- Cleaning and dusting
- Vacuuming
- Making the bed
- Standing up

There are fitness videos available on the NHS website including:

- Strength and Flex, a 5-week exercise plan for beginners, to improve your strength and flexibility
- Sitting exercises
- Strength exercises
- Flexibility exercises
- Balance exercises

What counts as moderate aerobic activity?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

- Brisk walking
- Water aerobics
- Riding a bike
- Dancing
- Doubles tennis
- Pushing a lawn mower
- Hiking

Quiz Answers From the Spring Issue

1. Ann Boleyn
2. Bouncing bomb
3. Bletchley Park
4. Battle of Trafalgar
5. Richard III
6. Peter Sutcliffe
7. Elizabeth I
8. Margaret Thatcher
9. 1980's
10. 1984



After the 31st July 2020, the Society will no longer accept cash or cheque payments. If you currently pay by either method then please contact your bank to discuss alternative payment options. We are encouraging all tenants to set up a standing order, please contact the office for a mandate form to take to your bank. Should you wish to set to a standing order online, our bank details are HSBC, sort code: 40-35-49 a/c 01023047. For Stuart Court Memorial Charity, it's HSBC, sort code: 40-35-09 a/c 52269562. Please contact the office for your tenant key for your payment reference. The office now has a card machine for one off payments, e.g. arrears, recharges and new tenants' first rent payment. Card payments can be made at the office (by appointment only) or at your scheme.

**What would you like to see in the next newsletter?
If you have any stories, poems, jokes, interesting hobbies, recipes, holiday stories or if you would like to see anything else in the newsletter; we would love to hear from you, please get in touch on: 01603 625078 or email:
reception@norwichhousingsociety.co.uk**